

FOOD BYTES

JUNE 2022

Hi there!

Eat Fresh and Local

Summertime is a great time to find a wide variety of fresh fruits and vegetables. You can grow them in your own garden, or you can find plenty at local farmers markets. Buying locally allows you to not only support local families, but you also get the freshest and most nutritious produce possible! As fruits and vegetables age, they can start to lose some of their nutritional value over time. Eat a rainbow of fresh fruits and vegetables this summer!



June is
National
Fresh Fruit
and Vegetable
Month

The recommendation is 5-9 servings of fruits and vegetables a day! Many people don't meet this goal. Consider grabbing a fruit or vegetable as you head out the door as a fast and healthy snack on the go! Apples, oranges, grapes, carrots, or celery sticks are all easy, portable options.

KITCHEN TIP

Some fruits and vegetables like avocados, apples, bananas and pears give off ethylene gas, which can make other produce ripen and spoil faster.



Recipe Fruit Salad with Healthy Honey Yogurt Sauce

Makes 4 Servings

Ingredients:

- 1 cup plain yogurt
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1 orange juiced
- 1 cup fresh strawberries cut in half
- 2 clementines or tangerines sliced
- 1 mango sliced
- 1 apple sliced
- 1 banana sliced

Instructions:

- To make the sauce: Combine the yogurt, honey, and vanilla extract in a small bowl; whisk and set aside.
- Combine the fresh orange juice with all the fresh fruit.
- Top with honey yogurt sauce or serve the sauce as a dip.
- You can also place honey yogurt sauce in a bowl and top with the fresh fruit. .